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WOMAN AND HOME.

HINTS AS TO THE TRAINING OF NEIVOUS CHILDREN.

The Mouth, Teeth and Breath-A Plea for Single Beds-Ancient Bills of Pare. The Buby Carriage-The Homemaker. Children and Their Dolls.

In a paper on "Education in the Treat-ment of Nervous Girls" the author urged the value of cultivating a love of good

In a paper on "Education in the Treatment of Nervous Girls" the author urged the value of cultivating a love of good books. "First should come the nursery classics, 'Mother Goose,' 'Cinderella,' 'Prince Fortunatus,' etc., to be followed later by Grimm, Hans Andersen,' Alice in Wonderland,' Howard Pyle's 'Wonder Clock' and others equally fascinating. About the age of eight the child can be led by the hand through parts of Shake-apeare's plays. At twelve come Dickens, some of Thackeray and Cooper, all of Hawthorne, and the most interesting works of the best novelists. At the age of fifteen the carefully guided-child may be left free to tumble about in a library.

The paper later on advised the study on history, which the French consider the most important study of all for a woman. It will be noticed that all the books recommended until history is begun are stories of the imagination, which it would seem almost harmful to the easily excited nature of a nervous child, but this criticism is answered in the paper with the assertion that interest must be developed and a healthy imagination cultivated, which is possible only through the love of good books.

Some listeners to this paper afterward discussed it informally, and one woman made the pertinent suggestion that mothers were often responsible for nervous girls through their constant stirring them up.

"I have seen a mother," she said, "call her little daughter of four years of age perhaps to her side and deliberately go to work to put the child in a state of excitement, telling her of some promised pleasure with sparkling eyes and flushed cheeks, but with heart going pit-s-pat and nerves that need such awkenings. For the most part, though, I think American children are far too excitable naturally to need any sort of atimulus. If the pressure is all the other way they will still rebound sufficiently to preserve the equilibrium.

"Another mistake, in my opinion, is to let nervous children understand that they are such. How often one hears a mother asy, 'Helen is su

"To me, the mother of a nervous little girl has a tremendous responsibility, which she can meet only with unremitting vigi-lance in the matter of dress, food, hours of rest and occupation of the afflicted chili which it has been her misfortune to bear." —Her Point of View in New York Times.

The Mouth, Tooth and Breath. The lungs are the organs for the purifi-cation of the blood which comes from the various parts of the body. They also carry away a great many impurities by blowing them out through the air passages. This waste carries with it odors of all kinds, and deposits on the teeth and about the decompose and give the breath a character which would make it anything but agree

but not have a pure breath, and a few suggestions as to how to secure this should be of at least a passing interest.

The first essential in keeping the breath

The first essential in keeping the breath sweet belongs to the morning hours. During repose you cannot of course observe those little matters which engage a certain amount of your attention when you are awake. The consequence is that the impurities which would not accumulate during activity find a foothold.

After brushing the teeth and rinsing the mouth, dip a soft handkerchief in lukewarm water and gently wipe the gums. Then take a little salted water—do not make it strong—and again rinse the mouth. After this scrape your tongue with the ordinary scraper which the druggist has for sale or with a spoon. These necessaries ought to remove any cause of bad breath which owesits origin to the condition of the mouth. When the stomach is the offendmouth. When the stomach is the offend-ing party, a draft of peppermint will be found of service.

found of service.

Teeth which are not well nourished and preserved need the care which none but a skilled deutist can give. Every little spot which may mark a nucleus for decay and every little chipping of the enamel should be attended to at once if you wish to have your breath comparatively pure. When air passes over an impurity it carries with it characters not its own.—New York World.

A Plea for Single Beds.

If single beds were more numerous that they are, a great many people would be better off. When one is tired, sick, cross, reatless, out of sorts, he or she ought to alsep alone and not communicate by prox-imity the maladies that affect him. The brute creatures when sick go away by themselves till they die or get over their troubles, and this instinct a great many human beings have; those that have it are best if indulged in it, not to the slight-

est degree of neglect, however.

Left to themselves, they can compose their internal dissensions, recover their lost equilibrium, and get back their babitual rate of "vibration," whereas, if con-tinually disturbed and "crossed" and in-

through disturbed and "crossed" and in-terrupted, they are a long time in getting back to the normal.

Where two children in a family must share the same room, in a great many cases they would be better off to have two single beds rather than one wide double bed. We can share a great many things with those we love, but solitude clings to us from birth to death. We came into the world alone, we must go out of it alone, and we live in it alone in a certain important sense, and to get and keep our "bearings" we must sometimes be left alone. It is good that we should be.

He who has his bed to himself may be senselially along for sometimes of the transfer.

sentially aione for a portion of the twen-y-four hours, may have himself to him-elf and adjust his internal mechanism to his own satisfaction. For a great many wors and ills solitude is a balm-what we call solitude-for when alone the immaterial asserts itself, the actual fades, the mal is present with us.—New York Advocate.

The accounts—more frequently found in comances—of the marvelous founts often given to ruling powers of the olden times are eagerly and by the young and with

dishes were composed.

A "young lady" writes us: "I have read so much of the wonderful feasts and baa quets given in ancient times, the almost fabulous entertainments of the nobles and emperors of Greece and Rome, that I a. about them. Do tell me, dear madam, if you can, how the dishes, which must have cost a small fortune, were prepared? O' what did they consist?

"I am young, expecting soon to go to housekeeping. I am fond of trying new things, and can afford a little extravagance to enable me to do so. It would be such a pleasure to surprise my husband by bringing him a dainty entertainment entirely different from the common run of

things."
You would indeed surprise your husband and guests, my dear child, with something "different from the common run of things," if we could give you such recipes; but few, if any, have been recorded, and none that you would willingly follow. Their banquets were wonderfully lavish in the amount provided—but gross—almost beastly in the composition. Served in barbaric splendor, on polished gold set round with precious stones, yet there was no delicacy or refinement either in the mode of preparing or arranging the food.—Mrs. preparing or arranging the food.—Mrs. Henry Ward Beecher in Godey's.

The Baby Carriage.

I have felt that some one should warn young mothers of many of the ways in which a baby carriage may be dangerous. I have hoped that an abler pen than mine would take up the subject, but thus far have seen nothing. I know how much both mother and child need the air, but in our variable climate, with its easterly winds and sudden changes, a child is far better left at home until the weather has ecome settled. I often see bables in charge of children not large or strong enough to guide the carriage safely over a curbstone, and it strikes the curb or side walk with a jar that must affect the spine unpleasantly at least, if not dangerously. Then again I see babies lying flat on their backs, with the sun, in all its blinding force, shining directly in their eyes. Is it any wonder that so many of our boys and

girls are wearing spectacles or eyeglasses?
Not long ago I saw a baby, perhaps five
weeks old, lying with the lace border of
the shade flapping back and forth across its little face in a manner that must have en as painful to the child as it was to me, but as the poor baby could not petition for a change it was obliged thus to suffer. I know these things are not done intention ally, but all the same they are not pleasant for the child, and in many cases they are positively injurious. These are only a few instances, but if they lead the motherwho read them to observe for themselves I think they will agree with me that baby carriage, although a great convenience, may, if not properly han it 1, b. a source of discomfort to the baby - 'A Grandmother" in Lynn (Mass.) Item.

Wanted-Good Housekeeping. Young women make a big blunder is they do not learn to take care of a home. It is a grievous social and moral wrong when girls are brought up helpless in household life. How often we see mothers busily engaged in domestic duties like a slave, in order that the girl may enjoy every luxury and do nothing; indeed many hardly let their daughters soil their hands. No woman ought to marry who cannot look well to the ways of her household. In case she may not herself be required to work she ought to be able to see whether the work is done in a proper manner. A woman is out of her element unless she is ac quainted to a certain extent with the sciences of bakeology, boilology, stitchology,

makeology and mendology. There never was a greater blunder than to substitute good looks for good qualities.

The reason why so many men do not make homes for themselves in these days is because they cannot afford it. The women are too much averse to working, and too extravagant in all their tastes. We want more frugality, industry and system. If we could introduce these virtues into our higher society we should diminish the envy, jealousy and suicides of the sin-gle, and the wretchedness, bickering and divorces of the married. Every girl ought to be brought up to have regular domestic duties. Idleness should be forbidden her. The only dignified life is a useful life.— Labor Tribune.

Children and Their Dolls. The great love a little girl has for her

family of dolls is only a copy in miniature of the maternal affection that is showered upon her own little self. The instinct is born in her, and there is no sweeter or more innocent play than the mimic representa-tion of home life that she gives with her inanimate companions, large and small. Readers of human nature, if they watch a child with her dolls, will very readily as-certain how she herself is treated. The conversations between her and her doll baby are sure to be copies of those her mother holds with her.

The wise utterances she lets fall she has heard from father or mother. The poor little rag doll who is continually being scolded and punished is receiving only such admonition as the child mother herself receives, while on the other hand, if she is sweetly reasoned with and is only gently rebuked, the done come in only for kind words and the same sort of training. Dolls are part of a little girl's life. She finds truer and sweeter enjoyment in the dress ing and undressing of some pink cheeked, blue eyed babe Juneau than ever comes in the later years, when life assumes greater responsibilities than the bringing up of a family of interesting china and wax beau-ties. Therefore let them cling to their dolls as long as they will.—Philadelphia

The Lady of the Bon Marche. How many American women are aware that the colossal institution in Paris

known as the Bon Marche was founded by a remarkable woman, Mme. Boucleaut, called by Parisians the "Lady of the Bon Marchet" Philip Hamerton says of her marcher. Philip Hamerton says of her that she cultivated good as though it were an accomplishment. Managing the affairs of the great enterprise which she had founded with energy and unfailing pros-perity, she associated with her as stock holders the chiefs of the various depart-ments who have given her faithful service, that they might show in the that they might share in the profits of the bouse, included as many of her employees as possible in the business by ceding her own shares to the common fund, subject to their purchase, and at her death dis-tributed by will the shares that still re-mained in her possession among the other

The pension fund which Mme. Bonci-caut created with a gift of \$1,000,000 from her own private fortune is used in the support of the employees forced to

great longings to see them repeated in the present time. Especially are they bewitch ing to the young housekeepers, who have visions of surprising their husbands with a bill of fare copied from ancient times. Yet they have no idea of what the peculiar geniar expression.—Exchange. retire through age or illness. With all her great wealth and commercial power the "Lady of the Bon Marche" remained to the

Who Named the Flowers?

Who named the flowers? Eve perhaps, after Adam named the creatures. I think, dear women, that Eve must have named the flowers, because her daughters are so proud of them. They were named before the time of Solomon, you know. But how comes it that so many flowers have the same fancy names in more than one lan-

Thus to take some of our common wild flowers-quinsywort is in French herbe a l'esquinance; clematis is called by our country folks beggars' weed, in French it is herbe aux queux; mignonette—little dar-ling—is herbe d'amour; scurvy grass, also called spoon grass, is herbe aux cilleres; herb Paris is herbe a Paris; moneywort is herbe aux ecus. How did these names come to be alike in both languages? On the other hand, some of the French names are not in the least like our own. Black briony, for instance, is herbe aux femmes battues; centaury is berbe aux mille florins; adder's tongue is herbe aux mille miracles goose foot is herbe du bon Henri, and willow herb is herbe St. Antonio.-London

A Great Care.

One phase of a woman's pride—great family pride—is self respect. It is a great care. She will dwell at great length on its strength, and is always on the alert to pro-tect it. She is so jealous of it that she con-tinually airs her grievances. She is so fearful that she will not be treated with the deference she considers her due that the most trivial things are taken for slights and insults. If the little things are explained away, then she harbors suspicious with which to defend her great pride. These suspicions are generally the fruit of a jealous mind; for women who are on the lookout for proper respect to be paid to them are usually insanely jealous of at-tentions paid to others, and woe be unto the unfortunate individual if the one lacking in attention to her should happen to be her husband! In her endeavors to properly protect her family pride and self respect her grievances become the common prop-erty and gossip of the neighborhood, and for that matter the most remote corners of the earth.-Chicago Inter Ocean.

Women at Carlabad.

The French, Austrian and German wom en all seem to have gone to hips and busts They do not compare in grace, elegance or delicacy to the American woman. Beauty of a rare order is never seen. The thorough fares of Baltimore will disclose more beau ties any day than an entire season at Carls bad. The salesladies in the large stores of Baltimore are infinitely handsomer than the conservatory buds of Vienna, Dresder or Berlin.

Although there is, outside the native, a population of 20,000 foreigners at Carlsbad you would not discover a careless or freely behaved woman in the place. What is known in America as "mashing" is wholly unknown at Carlsbad. Any clear evening between 6 and 7, at Puffs, a thousand tables can be seen well filled, and a still larger concourse of women and men are at the same time promenading, but there is no more firting or mashing going on between these strangers than if they were at a Quaker meeting .- Cor. Baltimore Sun.

Castoff Gloves.

Now that leather forms so important an element of decorative work the economical woman will, in her day and generation, save up her old gloves of all light tints, be cause she knows that by ripping the wrists and washing them up in gasoline she can make the daintiest card cases, book covers, photograph frames and tobacco pouches in the list. It only needs a few stitches by the clever needlewoman, a few strokes of the brush by the skilled artist, to trans-form the castoff glove into a thing of beauty, if not a joy forever.

And there might be some one foolish enough to care all the more for the gift you

nt because it was made of the gloves present because it was made of the gloves you had worn—so much sentiment has ever been attached to a woman's glove. It was for a woman's glove that the lover in the poem risked his life in the lion's cage, and it has been a woman's glove that many a knight has bound upon his spear for a talisman in the lists of honor and glory.—

The Heroine of Many Stories. Lady Dilke has been well utilized as a heroine of romance. She is said to be the Dorothea of "Middlemarch" to the Mr. Casaubon, for which her first husband, Professor Mark Pattison, is believed to be the model. She is the charming Belinda of Rhoda Broughton's entertaining novel of that name, and, as the lovely young wife of Dryasdust, has figured in numer-ous stories which always happily marry her finally to the other man. -San Fran-

Make a baby waist and to it sew a skirt twice as long as usual, finish with an inch hem on the bottom, and into this run a tape; when the baby is dressed put on the creeper and turn the extra length up under the skirts and tie the tape around the waist. When baby is through creeping slip it off, and baby is fresh and clean.

To clean marble mix a little whiting with a strong solution of washing soda and a little dissolved soap. Lay the mixture on the marble with a brush and let it remain for half an hour, then wash it off. using a scrubbing brush and flannel, with a little alcohol to polish up the marble.

When doing housework, if your hands become chapped or red, mix cornmeal and vinegar into a stiff paste and apply two or three times a day after washing in bot water; then dry without wiping and rub with glycerin. At night use cold cream and wear gloves. Miss Sarah Pollard owns a half section

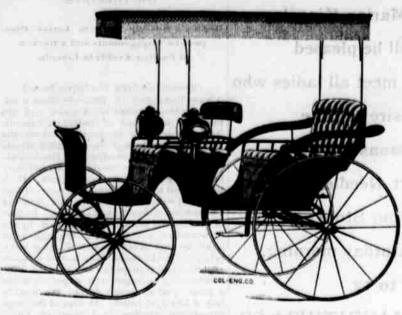
of land in Polk county, Minn., which she works without any help except in harvest season. She is a young woman of many accomplishments and left a comfortable home in the east to become a western Police matrons in Chicago are required

to wear a uniform while on duty. This uniform consists of a dress of blue serge, with a tight fitting deale breasted basque finished with blue ous, and a plain skirt made short enough to clear the

A good chocolate frosting is made as follows: Five tablespoonfuls of grated chocolate, with enough cream or milk to wet it, one cupful of sugar and one egg well beaten. Stir the ingredients over the fire until thoroughly mixed. Flavor with vanilla.

Babies' feeding bibs made at home are preferable to those bought, and the white rubber cloth is more satisfactory than the marbelized oilcloth, as it does not wank.

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